

Abstract

Title: Preparation of football youth in lower efficiency classes

Aim: Investigation into conditions of preparation of football youth in lower efficiency classes at the age of 10 to 14 in particular region

Method: Case study – semi-structured questionnaire, observation

Results: Mapping of preparation of football youth in the clubs of district and regional leagues on the basis of interviews and observations of training microcycle

Key words: Preparation of the youth, training unit, training microcycle, versatility, development of organism